

[088] What is claimed and desired to be secured by United States Letters Patent is:

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1. An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

a second resistance assembly; and

means for coupling the first resistance assembly to an exercise station and for coupling the second resistance assembly to the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of: (i) the first resistance assembly; and (ii) the second resistance assembly.

2. An exercise apparatus as recited in claim 1, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

3. An exercise apparatus as recited in claim 1, wherein said means for coupling comprises a coupling system.

4. An exercise apparatus as recited in claim 3, wherein the coupling system comprises: (i) a first attachment system selectively coupling the exercise station to the first weight stack; and (ii) a second attachment system selectively coupling the second weight stack to the first weight stack, such that movement of the first weight stack requires movement of the second weight stack.

5. An exercise apparatus as recited in claim 4, wherein the first attachment system comprises: (i) a first cable and pulley system coupled to the frame; (ii) a first selector rod coupled to the first cable and pulley system, the first selector rod configured to be extended within the first weight stack

and having a plurality of apertures configured to receive a first pin therein; and (iii) a pin selectively mounted in the first selector rod when the first selector rod is extended within the weight stack.

6. An exercise apparatus as recited in claim 5, wherein the second attachment system comprises (i) a first coupling member selectively coupled to the first selector rod, the member configured to receive the selector rod through an aperture therein; (ii) a second cable and pulley system coupled to the first coupling member and the frame; (iii) a second selector rod coupled to the second cable and pulley system, the second selector rod configured to be extended within the second weight stack and having a plurality of apertures configured to receive a second pin therein; and (iv) a second pin selectively mounted in the second selector rod when the second selector rod is extended within the second weight stack.

7. An exercise apparatus as recited in claim 6, wherein the first coupling member is positioned below the first weight stack and moves vertically with the first weight stack when the coupling member is coupled to the first selector rod.

8. An exercise apparatus as recited in claim 2, wherein each of the first and second weight stacks move along a different axis.

9. An exercise apparatus as recited in claim 2, wherein each weight stack comprises at least one weight.

10. An exercise apparatus as recited in claim 2, wherein each weight stack comprises a plurality of vertically stacked weights.

11. An exercise apparatus as recited in claim 2, further comprising means for coupling: (i) the first weight stack; and (ii) the second weight stack to a second exercise station such that movement of the second exercise station requires movement of both (i) the first weight stack; and (ii) the second weight stack.

12. An exercise apparatus as recited in claim 11, wherein said means for coupling: (i) the first weight stack; and (ii) the second weight stack to the second exercise station comprises a second coupling system.

13. An exercise apparatus as recited in claim 12, wherein the second coupling system comprises a coupling member configured to couple the second weight stack to the first weight stack.

14. An exercise apparatus as recited in claim 1, wherein the means for coupling the first resistance assembly to an exercise station and for coupling the second resistance assembly to the first resistance assembly comprises means for selectively coupling the first resistance assembly to an exercise station and for selectively coupling the second resistance assembly to the first resistance assembly

15. An exercise apparatus having (i) an exercise station that is selectively moved by a user; and (ii) first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

a second resistance assembly; and

a coupling system configured to couple the first resistance assembly to an exercise station and to couple the second resistance assembly to the first resistance assembly, such that movement of the exercise station requires movement of at least a portion from each of: (i) the first resistance assembly; and (ii) the second resistance assembly.

16. An exercise apparatus as recited in claim 15, wherein the first resistance assembly comprises a first weight stack and wherein the second resistance assembly comprises a second weight stack, and wherein movement of at least a portion of the first resistance assembly comprises movement of at least one weight in the first weight stack, and wherein movement of at least a portion of the second resistance assembly comprises movement of at least one weight in the second weight stack.

17. An exercise apparatus having: (i) an exercise station that is selectively moved by a user; and (ii) first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

an attachment system configured to couple the first resistance assembly to the exercise station; and

a second resistance assembly that is selectively coupled to the first resistance assembly.

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18. An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;

an exercise station;

a first resistance assembly;

a second resistance assembly;

a coupling system configured to couple the first resistance assembly and the second resistance assembly to an exercise station, such that movement of the exercise station requires movement of at least a portion from each of: (i) the first resistance assembly; and (ii) the second resistance assembly; and

a second exercise station that is coupled to the second resistance assembly.

19. An exercise apparatus as recited in claim 18, wherein the second exercise station is selectively coupled to the second resistance assembly.

20. An exercise apparatus having an exercise station that is selectively moved by a user and having first and second resistance assemblies that selectively provide resistance to movement of the exercise station, the exercise apparatus comprising:

- a frame;

- an exercise station;

- a first resistance assembly;

- an attachment system configured to couple the first resistance assembly to the exercise station

- a second resistance assembly;

- a coupling member configured to be coupled to the first resistance assembly and the second resistance assembly.

21. An exercise apparatus having an exercise station that is selectively moved by a user and having first and second weight stacks that provide selected resistance to movement of the exercise station, the exercise apparatus comprising:

a frame;
a first exercise station;
a second exercise station;
a first weight stack configured to be selectively moved by the first exercise station;
a second weight stack configured to be selectively moved by the second exercise station;
a first coupling system configured to couple: (i) the first weight stack; and (ii) the second weight stack to the first exercise station such that movement of the exercise station requires movement of at least one plate from each of: (i) the first weight stack; and (ii) the second weight stack; and

a second coupling system configured to couple: (i) the first weight stack; and (ii) the second weight stack to the second exercise station such that movement of the second exercise station requires movement of at least one plate from each of: (i) the first weight stack; and (ii) the second weight stack.

22. An apparatus as recited in claim 21, wherein the first coupling system comprises a first coupling member that selectively couples the first weight stack to the second weight stack and the second coupling system comprising a second coupling member that selectively couples the second weight stack to the first weight stack.